Strength Training
Practical Accountability of Experience Form

(Please list a minimum 100hrs of experience over the past 24 months)
over-write the examples

Month / Year	Clientele / Team	Contact # or email	Specific Service Provided	Amount of Time (hrs)
ie: Jan & Feb 2017	*John Doe*	*johndoe@gmail.ca*	*Stretching sessions*	*3 hours*
ie: Sept 2017 – March 2018	*Bantam Rush Hockey Team*	*Coach Tom 306-123-4567*	*Dryland sessions*	*10 hours*